



UNIVERSITY OF  
FLORIDA

# IFAS EXTENSION

## Consumer Highlights

SANTA ROSA FAMILY AND CONSUMER SCIENCES NEWSLETTER

### September 2004

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### 5 Tips To Prevent or Treat Osteoarthritis

- 1) Adopt a healthful low-fat, high-fiber diet and lose as much excess body fat as possible.
- 2) Nontraumatic exercise won't hurt and may help, especially if it can help you control your weight. Nontraumatic exercise includes walking, low-impact aerobics, skating, swimming, riding a bike and resistance training (weights.)
- 3) Taking 1,500 mg/day of glucosamine sulfate is definitely beneficial and a lot less risky than non-steroidal anti-inflammatory Drugs (e.g., aspirin, ibuprofen, acetaminophen, etc.)
- 4) High doses of vitamin C may make OA worse and should be discouraged. Eating a diet rich in vitamin C is a much better idea. Vitamin C is found in green peppers, citrus fruits and juices, strawberries, tomatoes, broccoli and greens.
- 5) Arthoroscopic surgery for OA is ineffective.

Communicating Food  
for Health -  
August 2004



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## Where Are The Calories Coming From?

An analysis in *The Journal of Food Composition and Analysis*, June-August 2004, set out to describe the food groups that contribute the most to population intake of calories and energy. Two representative surveys were examined, the Third National Health and Nutrition Examination Survey (NHANES III), conducted in 1988-1994, and the NHANES from 1999-2000.

- The number-one contributor of energy intake in both time periods was soft drinks, which contributed 7.1% of energy intake in 1999-2000.
- Among food groups, "sweets, desserts" contributed the most to energy intake.
- Three nutrient-poor food groups, "sweets, desserts," "soft drinks" and "alcoholic beverages" contributed almost 25% of all the energy consumed in the U.S. population.
- "Driving a car" was the number one contributor of energy expenditure (after sleeping) and counted for 10.9% of all energy expended.
- "Watching TV/movie" was number two.
- Leisure-time physical activities contributed only 5% to total energy expenditure.

Communicating Food  
for Health - August 2004



## Disaster-Proof Your Important Papers

What would you do if you had five minutes to clear out of your house? Five minutes to grab every crucial financial document before the house crumbles - property titles, wills, insurance record, Social Security cards - and you need to do it, even with all the chaos surrounding you.

Could you do it? Think fast! Would you even know what to grab?

Fortunately, with a bit of planning you can track your most important financial records and keep them out of the clutches of flames, floods, hurricanes or any disaster - natural or manmade.

By spending a little time now preparing for the worst, you'll be more likely to remain calm in the eye of the storm - confident in the safety of your financial documents. That will allow you to spend the crucial moments in a disaster thinking about more important things.

### Searching for the key

Don't know where to start? Organizational expert Barbara Hemphill, President of Hemphill & Associates in Raleigh, N.C., offers these suggestions:

- Collect important personal papers and information related to financial transactions.
- Identify a single location to file all crucial papers - a fireproof box or safe deposit box.
- Create copies now (certified, in cases of birth certificates and other crucial documents) in case you need them to provide to government agencies.
- Put important original documents in plastic covers to protect them and to prevent you from accidentally giving away the original.
- Notify the appropriate people where important information will be located, in case you're not available when it is needed.

- As you go through your day, be aware of the kinds of information that you should add to your filing system. Identify a method, such as an index card in your pocket or mini tape recorder in your car, to make notes of new items as they pop into your mind.
- Identify the records that you or your financial institutions keep only on computer. Make printouts because they may not be available if electrical power fails.

When it comes down to organizing and storing the information: Marriage records, divorce decrees and birth certificates - keep in safe deposit box. And don't carry the key with - keep one key in the house and one with another person. The other person having a key could be a relative or lawyer.

So no matter how you organize your records or where you store them, the bottom line is to take action today. Be sure to involve your family, friends and financial professionals whenever possible in decision making and planning. Do it now, before the unexpected becomes a harsh reality.

#### What to collect

- Bank account records
- Marriage certificates or divorce decrees
- Identification records (driver license, green card, passport, etc.)
- Titles, deeds, registrations for property and vehicles owned
- Mortgage and other loan information
- Insurance policies
- Credit-card statements
- Employer benefit statements

- Income tax information (copies of past returns, proof of estimated tax payments)
- Report of earnings from Social Security
- Social Security card
- Trusts
- Wills
- Birth certificates

#### Write down contact information for:

- Banks and other financial institutions
- Employer
- Insurance agents
- Power, light, gas and other utility companies

Facets - August 2004

### Send Tough Summer Stains Packing

Whether it's a backyard picnic or a trip to the beach, stains seem to tag along. These tips for removing some common summer stains and products that can help get the job done easier!

**Ice cream.** Use a pretreat laundry product. Then launder. Stain savvy: *If it's an old stain, let it soak for several hours.*

**Mustard.** Pretreat with a prewash product. Then launder using chlorine bleach (if it's safe for the fabric) or color-safe bleach. Stain savvy: *If a greasy residue remains, soak in warm water using a pretreat product. Then rinse thoroughly and relaunder:*

**Grass stains.** Use a pretreat laundry product. Then launder the garment as soon as possible. Stain savvy: *Check the garment for stain removal before drying it, as the heat of the dryer can set the stain. If stain persists launder the garment again using bleach that's safe for the fabric.*

**Suntan lotion.** Pretreat with a prewash product. Then, launder in the hottest water that's safe for the fabric. Stain savvy: *Apply sunscreen and let it dry before putting on the garment.*

**Perspiration.** Use a prewash stain remover or rub with bar soap. Then launder in the hottest water that's safe for the fabric. Stain savvy: *If perspiration has changed the color of the fabric, apply ammonia to fresh stains or white vinegar to old stains; then rinse. Stubborn stains may respond to washing with a color-safe bleach in the hottest water that's safe for the fabric.*

### KISS STAINS GOOD-BYE!

Say goodbye to stains with these new laundry products:

- **Detergents with bleaches or bleaching benefits.** They can be excellent stain removers.
- **Bleach pens.** They're filled with chlorine bleach in gel form that can "write" out stains on white, white -and- colored striped, floral, and patterned clothes.
- **Pre-measured detergent tablets.** They're portable, lightweight, and dribble-free, so there's no mess!

Facets - August 2004

## "Air-Bag Safety Musts"

1. Buckle your lap and shoulder belts. Air-bags are designed to work in conjunction with seat belts.
2. If your car has adjustable shoulder-belt anchors, slide your anchor down as far as is comfortable.
3. Children who are under the age of 12 should ride in the back seat. Children age 4 and under should ride in an age-appropriate car seat. Older children should use lap and shoulder belts.
4. If a child must ride in the front passenger seat, slide the seat back as far as it will go.

Home Economics Notes  
July 2004

## Florida Master Gardener Volunteer Classes Now Forming

Do you enjoy helping others? Have you ever wanted to learn more about growing plants? Are you interested in fruits, vegetables, ornamentals or lawns? If you answered yes to these questions, your chance may be just around the corner.

A horticulture program, called Florida Master Gardener, is being offered by the UF/IFAS Santa Rosa County Extension Service to provide horticultural training for selected home gardeners in Florida.

Master Gardener is a title given to individuals who receive 50 hours of in-depth horticultural training from County Extension Agents and agree, in return, to give 50 hours of volunteer service helping their communities through their local county extension program.

Training will include topics such as basic plant science, entomology, plant pathology, vegetable gardening, fruit culture, turf management, pest control, basic landscaping, and identification and usage of common landscape plants.

Master Gardeners give their volunteer hours to county extension offices in various ways. In Santa Rosa County, Master Gardeners help extension personnel answer telephone calls, troubleshoot plant problems brought into the office, run soil samples, staff plant clinics and work with 4-H youth programs.

Applications for a limited number of openings in the class are now being taken in the Santa Rosa Extension office. Applications must be postmarked by November 30, 2004. Classes begin in January 2005. For further information or to request an application, contact the Santa Rosa County Extension Office at 850-623-3868 or 850-934-5278.

This program is open to anyone wishing to attend regardless of race, color, sex, handicap, or national origin.

Theresa Friday  
Environmental Horticulture Agent



## Gardener's Corner

Fall gardening activities start in earnest this month. There are some landscape maintenance jobs that will help to prepare lawns, shrubs and perennials for winter.

September is also the time for a first planting of the cool season or winter vegetables. A few selected warm season vegetables can still be planted if you hurry.

### Lawn Maintenance

Continue regular mowing, but avoid cutting the yard excessively low as cool weather approaches. End the season with centipedegrass at a one and one-half to two inch cut and St. Augustine at a height of three to four inches.

If a late season application of fertilizer is made, it should be done with attention to timing, the kind used and the rate. Centipedegrass should not be fertilized with a high nitrogen containing product in late summer or during the fall. Avoid fertilizing St. Augustine after September.

Potassium (the last number on the fertilizer analysis) is the element most important to the lawn late in the season, while little or no nitrogen should be applied. Look for a product that is low in the last number and very low in the first two. An example would be 5-2-15 or a similar analysis. Note: This exact analysis might not be available locally. It is given strictly as an example of a low nitrogen, low phosphorus and high potassium fertilizer.

Fall is historically dry in Santa Rosa County. Continue to irrigate the lawn as necessary. Two applications per week are normally sufficient in the absence of rainfall.

Watch for and control lawn pests until cold weather arrives. Chinch bugs, sod webworms and armyworms are typically found in lawns at this time of year. Diseases are still showing up in lawns, particularly in grass that has been watered excessively.

### Flower Beds

Good maintenance can extend the flowering season. Deadhead, remove weeds and lightly fertilize again to keep flowers vigorous and productive.

Digitalis (Foxglove) can be planted from now through December. Separate and transplant daylilies, liriopse and other multiplying perennials. This is also the best time to separate Amaryllis bulbs and expand plantings.



### Vegetable Gardening

Start the winter garden by planting seeds of beets, carrots, kale, kohlrabi, leek, lettuce, mustard, onion, parsley, radish and turnip. If transplants are available establish broccoli, Brussels sprouts, cabbage, cauliflower, Chinese cabbage, collards and lettuce.

There is also time for one last planting of bush and pole beans, cucumbers and summer squash.



### New Publications for The Gardener

The University of Florida – IFAS constantly creates and revises publications that are useful to gardeners. Following are some topics from a list of over 200 that have been published since January.

These and many others are available online or through your local Extension office. To review the list, or to download and print go to: <http://edis.ifas.ufl.edu/newdocs.html>

- Many Plants Have Extrafloral Nectarines Helpful to Beneficials.
- Lantana Lace Bug .....
- Sensory Gardens
- Horticultural Therapy
- Seed Production and Seed Sources of Organic Vegetables

#### "Quote of the Month"

*Opportunity is missed by most people because it is dressed in overalls and looks like work.*

-Thomas A. Edison

Dan Mullins  
Horticulture Agent





## Recipes



### Penne Chicken Casserole

1 lb. penne  
1 Tbsp. olive oil  
1/2 red onion, chopped  
3 small zucchini, sliced  
2 c. sliced mushrooms  
2 c. cooked chicken breast chunks  
black pepper to taste  
26 oz. pasta sauce  
1/4 c. shredded cheddar

#### *Directions:*

1. Cook pasta according to package directions; drain in colander.
2. Meanwhile, place a large skillet over medium heat and add the oil. Sauté the vegetables until soft, about 5 minutes. Add chicken, pepper and pasta sauce.
3. Place in a casserole dish and sprinkle the top with cheddar cheese. Cover and refrigerate.

To heat and serve: Preheat oven to 350°F. Cover casserole dish with a lid or foil and bake until heated through, about 30 minutes. Serve hot.

*Nutrition Facts:* Serves 8. Each serving: 288 calories, 4 g fat, 1 g saturated fat, 2.5 mg cholesterol, 169 mg sodium, 52 g carbohydrate, 4 g fiber, 10 g protein.



### Turkey Chili Pie

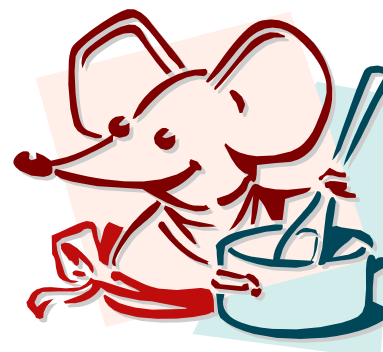
1 tsp. vegetable oil  
1/2 onion, chopped  
1/2 lb. lean ground turkey breast, no skin  
15 oz. (1 can) kidney beans, with juice  
15 oz. (1 can ) diced tomatoes, no salt added  
1/2 tsp. garlic powder  
1/2 tsp. chili powder  
4 corn tortillas  
1/4 c. shredded cheddar

#### *Directions:*

1. Heat the vegetable oil in a Dutch oven or large pan over medium-high heat.
2. Sauté the onion briefly and add the ground turkey. Cook until the turkey is no longer pink; then add the beans, tomatoes and seasonings. Cook until the turkey is done, about 3-4 minutes.
3. Line a pie pan with the tortillas and add the chili; top with cheese. Cover and refrigerate.

To heat and serve: Preheat oven to 350°F. Cover pie with foil and bake until heated, about 30 minutes. Serve hot.

*Nutrition Facts:* Serves 4. Each serving (1 cup): 250 calories, 4 g fat, 1 g saturated fat, 22 mg cholesterol, 420 mg sodium, 22 g carbohydrate, 7.5 g fiber, 18 g protein.





## FCE NEWS



### District Planning Meeting

This is a summary of items discussed at the district planning meeting.

**Date:** January 18-19, 2005

**Theme:** Charting a New Course

**Programs:** Strength Training for Women  
Making the Most of Yourself  
Trends in Home Fashions

#### **Santa Rosa's Assignments:**

Table Decorations

By-Law Committee

**Cost:** Fulltime - \$67.00  
Fulltime plus Mon. night - \$104.00  
Commuter - \$21.00 day

#### **Registration deadline:**

November 5, 2004

### Council Meeting/Cultural Arts Show

**September 2, 2004 - 9:30 AM**

**County Extension Office**

Cultural Arts categories are as follows:

1. Basketry
2. Ceramics, pottery, plaster art
3. Embellishment of garments
4. Fiber arts (rug making, macramé, weaving, looming, string art)
5. Hand crafted toys and dolls
6. Hand stitchery (counted cross-stitch, needlepoint, embroidery, Bunka, Swedish, Brazilian, chicken scratch, hardanger, candle wicking)
7. Plastic canvas art using counted cross stitch
8. Recycled items (of lasting worth)
9. Heritage arts (quilling, dyeing, scrimshaw, leathercraft, copper, tin punch, lacemaking, tatting, crocheting, etc.)
10. Hand knitting
11. Machine knitting

12. Machine stitchery (embroidery, Battenberg lace, charted needlework, cutwork, etc.)
13. Quilts, by hand or machine
14. Quilted items (garments, wall hangings, pillows, placemats, etc.)
15. Paintings and drawings
16. Photography
17. Clothing

### Senior Expo and Health Fair

**September 16, 2004 - 8:00 AM-4:00 PM**

**Milton Community Center**

### Santa Rosa County Fair

**September 20-25, 2004**

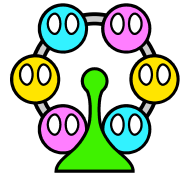
The exhibit hall will be inside this year. If you want to enter an item, we have exhibit forms at our office.



We also need 2-4 judges for Tuesday, September 21. If you can help out call me or Angela at the Extension office.





# September 2004



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>Santa Rosa County Fair</b> September 20-25, 2004</p>			1	2 Council Meeting/ Cultural Arts Show 9:30 AM Extension Office	3	4
5	6  Labor Day Office closed	7	8	9	10	11
12	13	14 Skyliners Club Meeting 9:30 AM Doris Engberg	15	16 Milton Club Meeting 9:30 AM	17	18
19	20	21	22 Wallace Club Meeting 10:00 AM Wallace Clubhouse	23 Pace-Pearidge Club Meeting 10:00 AM Pace-Pearidge Clubhouse	24	25
26	27	28	29	30	<b>Senior Expo and Health Fair</b> Milton Community Center September 16 8:00 AM - 4:00 PM	

The use of trade names in this publication is solely for the purpose of providing specific information. It is not a guarantee, warranty, or endorsement of the product names and does not signify that they are approved to the exclusion of others.



Sincerely,

Linda K. Bowman, R.D., L. D.  
Extension Agent IV  
Family & Consumer Sciences  
Santa Rosa County

LKB:etc

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